

How do I make contact?

You can phone **845 1818** to make an appointment at the **CADS** unit nearest you.

Your doctor or health professional can also refer you to us by phone, fax or internet.

Or if you don't have an appointment, you can call in to CADS between 10.00am and 1.00pm Monday to Friday.

CADS

CADS Community & Home Detox Service:
Pitman House, 50 Carrington Road,
Pt Chevalier, for Detox assessment only.

CADS Central: 1st Floor,
409 New North Road, Kingsland

CADS West: 1st Floor,
1 Trading Place, Henderson

CADS North: 44 Taharoto Road, Takapuna

CADS South: Building 4,
17 Lambie Drive, Manukau City

CADS provides additional clinics in community locations from Wellsford to Mercer.

Maori, Pacific and Asian services available. Also specialist services for young people, detox and opioid treatment services and for people with mental health and addiction problems.

We're ready to listen!
Call **845 1818**

Community Alcohol & Drug Services Auckland

We offer our free services, funded through the Waitemata District Health Board, to anybody in the Auckland region* with an alcohol or drug-related question, issue or problem.

Our services aim to help you reduce the harms caused by alcohol and drug use, by cutting down/controlled use or abstinence.

For information or help for an alcohol or drug issue, for yourself or someone else, give us a call on **845 1818**, have a look at www.cads.org.nz or drop in to one of our CADS units.

*Eligibility criteria apply.

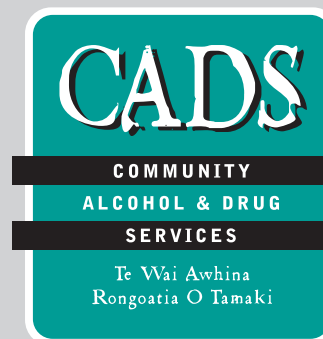
Hours

Our CADS Units are open
9.00am to 4.30pm, Monday to Friday.

To be seen without an appointment
call in between
10.00 am and 1.00pm,
Monday to Friday.

Printed 08.15 by Community Alcohol & Drug Services, Auckland.

When you're ready!



When you're ready!

When you're ready to talk about your alcohol and other drug use, or you're concerned about someone else, CADS is here to help.

call 845 1818
www.cads.org.nz



How can we help?

At CADS, we understand that it can sometimes be really difficult to change the way you drink or use drugs.

We help you to make changes by offering discreet free support, information, counselling and treatment services.

If you are worried about someone else's alcohol or drug use, we offer special groups and information evenings as well as individual counselling.

But do I have a problem?

Sometimes it's tricky to know what the problem is or in fact if there really is a problem.

We know how hard it can be to make the first call. CADS will help you with any questions you may have. We can then work out a plan with you to sort out any problems.

What about my family/whanau?

We encourage you to bring along family/whanau/friends when you come to CADS.

We're ready when you are!
Call **845 1818**

What exactly does CADS do?

When you come in to CADS you will meet a counsellor or nurse who can help you.

You will explore questions like:

- What are the issues?
- What can be done, and
- What to do next?

With our support, you can then develop a plan.

This plan may include attending a group, counselling, reading some information or accessing one of our specialist services.

In short, we can help you make the changes you want to make.

What can I tell you?

You may be concerned about confidentiality. We take special care to protect the health information you give us.

Ready wherever you are!
www.cads.org.nz

CADS Specialist Services:



When you're ready!
Call **845 1818**